

The Winooski Newsletter

A newsletter created in partnership by the City of Winooski and the Winooski School District.

SEPTEMBER 2021



WINOOSKI SCHOOLS
We are the future.



Building a Better School

Setting Up for Back-to-School in the New Spaces

By Emily Hecker, WSD Communication Director

In mid-August, teachers and staff were finally able to step foot in the new middle school and elementary school wings and settle into their teaching spaces for this year. There was universal praise for the natural light, calming paint hues on the wall, and well-thought out spaces. There was also pretty universal frustration



at the amount of unpacking and rearranging that needed to be done to get ready for students. However, working together, WSD staff are proving once again that they are flexible and resourceful!

WMHS Music Teacher, Mikayla Kelemen, will temporarily be teaching chorus and band in the brand-new middle school Science, Technology,

Engineering and Math (STEM) classroom. That's because the music room and Black Box Theatre won't be ready until next year. "We can definitely make this room work this year. But I'm so excited to make music in our new spaces. Students are just going to love it!" Mikayla said.

Drew Blanchard, Technology Integrationist, said he's excited about where the district is headed and can't wait for it to all be fully operational. "We are looking to move away from projectors and smart boards and move toward fully interactive LCD Smart TVs that will take our ability to interact with learning material to the next level."

In the elementary school, 2nd-Grade Teacher Casey Hogan said she's ready for a fresh new space to start a brand new school year. "The way the space is laid out makes me rethink how to set things up so my students get the most out of their classroom. I can't wait to see my students' faces when they see it! They are going to love being the first students ever in this brand new classroom. It makes coming back to school even more exciting."



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Welcome Back!

By Sean McMannon, Superintendent of Schools

I hope all of you enjoyed the summer. There were so many exciting things happening around the city, from swimming at the cool new Myers Memorial Pool to fun summer programs through the WSD/City of Winooski partnership to Winooski Wednesdays featuring our talented students.



It has been a very busy summer here at the district as well, and we are very happy to have students back together again.

Our learning community has been through a great deal in the last eighteen months. I am incredibly proud of how we all came together to take care of one another. No matter what challenges arose, we kept our students at the center of everything we did, and now our students need us more than ever.

As a learning community, we have a choice to make this year about how we approach our work. I am choosing to reflect, learn, and plan to use the trauma from the past eighteen months as a lever for growth. What we did together and continue to do amidst intense stress is amazing, and makes us stronger,

smarter, and more compassionate. I will admit, it has taken me a few months to get to this place and everyone has to move at their own pace. A few early morning wakeboarding sessions with my family, bike rides on the Causeway, and



intentional reflection time moved me to a place of feeling like we can handle whatever arises and continue to guide our students along their paths.

We would not be able to do this work without you, our community, and the wonderful folks who make us all #WinooskiStrong.

Our building has changed dramatically

and continues to change every day. These are the best kinds of transformations but they do cause some serious disruptions. The construction team will continue to work throughout the year to complete the campus construction project, which will require significant flexibility from our staff, students, and families. Fortunately, middle school students and kindergarten through 2nd grades classes are already enjoying their new learning spaces. Their new classrooms are beautiful and a physical embodiment of a fresh, new start to a fresh, new school year.

Lastly, for me, this is the “The Year of the Lotus”. The Lotus flower is regarded in many different cultures, especially in eastern religions, as a symbol of enlightenment, self-regeneration, and rebirth. Its characteristics are a perfect analogy for the human condition and all the trials and tribulations we have been through together. And even when its roots are in the dirtiest, most difficult, and complicated waters, the Lotus produces the most beautiful flower.

WE GOT THIS!

School Board Update

By Tori Cleiland

I write as summer begins to give way to the fall and insects sing of what's to come. Seasons move forward in general regularity. The forward movement from one season to the next offers insights for what to expect. Yet, life is not always that tidy.

By the time this newsletter is published, students, faculty, and staff will have returned to school after a year and half of pandemic-style education. Everyone will have moved into new-to-them learning environments, having packed up their classrooms at the end of last year, reassigned to other spaces while the capital project continues to move forward toward its final shape. Sometimes

*I never know where
forward is going to be these
days. But somehow there's
always a forward.*

—PEMA CHODRON

moving forward has shaky and unsettling parts. The resiliency of students, families, faculty and staff to keep moving forward together in times of great uncertainty and change inspires me.

All of this change and inspiration reorients me to why Winooski Schools exist and the role and responsibilities of the board. The board governs through a system called Policy Governance (PG). The fairly new board engaged

in policy governance training at the August 11 board meeting. One of the driving questions is, “What good shall we accomplish, for which people or needs, and at what cost?”. Eight years ago, community conversations helped define answers to those three questions that became the ENDS Policy: All students will graduate from WSD graduate college and career ready at a cost supported by a majority of the Winooski community. WSD students will lead healthy, productive and successful lives and engage with their local and global community.

Winooski Schools exist to make a worthwhile difference in the Winooski

SCHOOL BOARD UPDATE *(continued from page 2)*

community as defined by the ENDS Policy. The board's agreement to the community is to govern with unity, connection, and integrity with the students and community at the center.

In a very real sense, the way the board engages in governing and decision making sets the tone for the entire organization. We must, therefore, as the board of directors, effectively fulfill the elected roles. When the board is effective, all levels of the school work together to ensure that the commitment to our

student's education is realized for each and every graduate.

If we've come to understand anything from the painful and challenging conversations about antiracism during the past year, this needs to be central to that understanding. The board must do the job well so each and every one of Winooski's students feels heard, valued, welcomed, accepted, understood, inspired, and affirmed as the brilliant and capable human beings they are!

So, how does the board continue to

move forward and fulfill its commitment to students and community?

- by listening to representative voices of the community, hearing their frustrations, joy, hopes, and dreams
- by stepping into the wilderness when there is uncertainty
- by serving the inherent worth and dignity of all of Winooski's youth and families.

Your feedback is most welcomed.

Antiracism Steering Committee Action Group FAQ's

How did the Winooski School District Antiracism Steering Committee (WSD ARSC) come into existence?

In the summer of 2020, in the wake of George Floyd's murder, a group of Winooski students and alumni - organized as the Winooski Students for Antiracism (WSA) - demanded the district do more to address racial justice and antiracism. WSA submitted a letter addressed to the WSD School Board and Leadership Team calling for "immediate action to ensure that Winooski begin creating an anti-racist environment, particularly one that is supportive for our students of color." The letter included a list of eight demands outlining what this action should look like. The WSD ARSC has been formed to oversee the work of actualizing the demands.

What is the Winooski School District Antiracism Steering Committee?

The Steering Committee is an innovative multi-stakeholder committee that creatively guides the dynamic work of the WSA demands, serves as a communication hub for the demand-based working groups, and ensures that the WSA demands are centered in every aspect of the work.

What are the WSA (Winooski Students for Antiracism) Demands?

The steering committee is tasked by the school board to implement the six demands adopted by the school board

into Action Teams.

The six approved demands are:

- Hire and retain teachers of color at WSD.
- Require teachers to incorporate components of ethnic studies curriculum and anti-racism pedagogy within the existing K-12 curriculum.
- Form a review committee tasked with the responsibility to review and evaluate existing curriculum, teaching practices, and policy structures to ensure that they conform to contemporary ethnic studies and anti-racism standards, expectations, and pedagogy.
- Implement a school-wide ethnic studies program. Ethnic studies is the interdisciplinary study of difference and power, and anti-racism, the active effort of working against racism's unjust and multidimensional aspects, are essential subjects that the next generation of young people, especially students of color.
- Hire a professional on students' civil rights to host biannual workshops that educate and support parents and students in understanding how to advocate for their children and their own educational rights at WSD.
- Launch a mentorship program for "ELL" students through which all students are matched with community mentors with the goal of improving their English language

skills and finding an advocacy partner in the community.

What is the commitment being asked of members of the action groups?

Each of the demands is unique and bringing them to fruition will be different based on the timeline, scope, urgency and complexity of the demand. At a minimum action groups will meet monthly, some groups may meet twice monthly and there may be sub-groups that need to meet between meetings at times. We are asking for a commitment for the 21-22 school year. Some action groups will complete their work within the school year and some will take more time. For those that need more time, members that would like to remain can, and ongoing recruitment will be utilized as well.

Who can be in the action groups?

The action groups will be comprised of a facilitator, a subject matter expert and community members (youth and adults). You do not have to be a Winooski resident to participate.

How to get involved?

If you would like to participate in an action group you can email wsdarsc@gmail.com.

Multi-Stakeholder Group Dialogue on School Safety Models

By Julian Portilla, Champlain College Center for Mediation and Dialogue and Emily Hecker, WSD Communication Director

At a Special Board Meeting on April 7, 2021, attended by approximately 125 people, more than 60 individuals from the Winooski community, including parents, current students, alumni, and school staff members shared their thoughts, experiences, and feelings about the School Resource Officer (SRO) program in the WSD.

After four hours of public comments, the School Board voted 4-1 to retain the district's current SRO program through the 2021/2022 school year. Within the same motion, the board approved the commission of a Multi-Stakeholder Group (MSG) to further examine the SRO program in the district and research school safety models. Read more about the April 7 meeting at this link: bit.ly/April7WSDMeeting

At the May 12, 2021 Board meeting, the WSD Board approved a proposal by Julian Portilla, the Director of the Champlain College Center for Mediation and Dialogue, to create the Multi-Stakeholder Group and provide recommendations about school safety models.

Julian Portilla shared the following progress updates about the MSG in July. To read the full report presentation visit: bit.ly/MSGSROstatusupdate

Mr. Portilla had conducted 12 interviews with school and city officials, parents, the WSD Parent Teacher Organization (PTO), Winooski Police Department, restorative justice experts, and other Winooski residents. There are additional interviews scheduled with students, liaisons, SRO, parents of WSD students as of this update. He asked each individual the same questions about their connection to the school and their concerns about safety and security at the school district.

Among the group there was universal praise for the city and the school environment and community, including that the WSD is the "Best school district ever. Hands down."

When discussing what safety meant to each individual, people responded almost

universally that they were not concerned with threats from inside the school for the physical safety of children. Rather, the responses were most concerned with threats from outside the school such as shooters. People were most concerned with ensuring the proper systems and protocols were in place to guard against those threats.

At the May 12, 2021 Board meeting, the WSD Board approved a proposal by Julian Portilla, the Director of the Champlain College Center for Mediation and Dialogue, to create the Multi-Stakeholder Group (MSG) and provide recommendations about school safety models.

However, there were people concerned with the emotional impact of an armed, uniformed officer in the building, especially among older students of color. Conversations about safety inside the school led to conversations about discipline and approaches to managing behavior in school. Some people were concerned about the potential disproportionate impacts of discipline on students of color and therefore their sense of safety at school.

When asked about how the SRO affects safety and the feeling of safety, the majority of people mentioned the usefulness of the SRO's role in ensuring awareness and communication between the school and police department, especially in instances of police contact with a child's family.

For those who were not comfortable with an armed officer in school, responses tended to be appreciative of the individual in the SRO role but also wondered whether these responsibilities could be accomplished by other people or groups.

Members of the Multi-Stakeholder

Group shared their ideas for improving the safety of students. The idea behind many of these suggestions was to preserve the aspects of the SRO that provide safety and security to students and staff while reducing the time of having an armed, uniformed officer in the building. Many suggestions were an attempt at addressing the concerns of people on all sides of the argument.

The responses fall into a few different categories:

- Keep the SRO but change the amount of time in the building.
- Transfer the duties of the SRO to either a new individual or new group.
- Increase the skills and training of existing staff and administration.

Next Steps

While many solutions have been put forward, before discussing solutions and changes, the MSG will need to invest time to understand the work of the current SRO, the concerns of all relevant parties with regards to security, analyze relevant data and compare models used elsewhere before discussing changes to the SRO position.

In order to fulfill its charge, the MSG will hold conversations with various segments of the community, experts, other school districts, restorative justice experts and law enforcement. Regular updates will be provided to the board and will regularly post meeting times and minutes for anyone wishing to learn more about the process.

Mr. Portilla will complete nine more interviews scheduled with students, home-school liaisons, the current WSD SRO, and parents of WSD students. He will also develop a list of participants to represent specific groups. The MSG held their first meeting in August. After that, they will hold bi-weekly meetings in September, October and November in order to provide recommendations to the board about the SRO program for budget finalization.

RESTORATIVE JUSTICE IN THE WINOOSKI SCHOOL DISTRICT

The Winooski Restorative Justice for Multicultural Youth Project, launched in 2020, is a collaboration between the Winooski School District, Spectrum Youth and Family Services, UP for Learning, and the City of Winooski with funding from the Vermont Department of Children and Families and an anonymous donor. This monthly column will highlight the Restorative Justice work happening across the district among different groups. For more information please scan the QR code to visit our website.



Restorative Justice Youth Leadership Summer Workshop

By Carly Ngo, Stella Johnson, and Kayla Loving

Over the summer, Spectrum employees, Kayla Loving, Carly Ngo and Stella Johnson, facilitated a Restorative Justice Youth Leadership workshop series that came together once a week. This series offered youth the knowledge, skills and strategies to create environments in which a community of respect, accountability, safety and trust can be cultivated and nurtured.

We started each session with connection through food - sharing a meal from a local BIPOC-owned business. The workshop focused on various aspects of restorative justice circles, such as mindful moments, circle keepers, land acknowledgements, circle agreements and talking pieces. The purpose was to explore tools that will create a more inclusive and equitable learning community to establish societal values, restorative solutions and youth leadership. Restorative circle topics included identity, race, education, insecurities, mental health and the effects of the COVID-19 pandemic.

In addition to facilitating restorative justice circles, youth also engaged in opportunities to help think more deeply about the topic for the week. Activities included completing identity maps, painting over insecurities,

watching videos and playing games to break harmful assumptions. As the workshop comes to an end, the youth have gained the skills and ability to design and facilitate their own restorative circles while simultaneously upholding restorative justice values in their day-to-day lives.



"I've gained connections and learning experience. I hope to use RJ to improve myself as a person and educate others. If I had a magic wand, I would make the school more open-minded and to take action when needed."
-Mea Ree Jan



"I've learned to talk with someone before deciding to do things and how to solve problems with friends in the future. If I had a magic wand, I would bring more students from different places and teachers of color."
-Hawa Mayange



"If we had a magic wand, we would make our school a safer place and our education better by having teachers of color."
-Moo Thay Lay Htoo & Albina Rai



"I've gained friends and a better understanding of RJ. I hope to use this work to solve conflict with friends & family. If I had a magic wand, I would make teachers care more about our mental health."
-Eliza Willis





PUBLIC SERVICE ANNOUNCEMENT WINOOSKI SCHOOL DISTRICT

CHILD FIND Winooski, VT

The Winooski School District is interested in locating preschool age children (birth to 5 years) who live in the city of Winooski, who show a developmental delay in the areas of speech/language social adjustment, adaptive behavior, self-care, gross/fine motor coordination and cognitive development.

If you know of such a child between the ages of birth to 5 years, please contact Maybelene Lopez, Early Childhood Special Educator, at the Winooski School District. She can be reached at 383-6063.

The Winooski School District is also interested in locating all school age children/adolescents with disabilities in Winooski, who are not currently attending school, are attending a private school by parent choice or are being home-schooled. If you know of such a child/adolescent, please call Katherine Blair, Director of Support Services at Winooski School District at 383-6085.

Winooski PTO: Join Us!

By Kate Simone Secretary PTO

We will be returning to many of our regular events next year (including the holiday craft fair, the Celebrating Winooski's Talent Show, middle and high school dances, and more), and we would love for you to join us. There are many ways to be involved, and it's a great way to get to know your school and neighbors! For more info, please email pto@wsdvt.org, and we'd be happy to touch base.

Watch School Board Meetings Online!

You can watch Winooski School Board meetings online on your own schedule! Visit www.retn.org and click on "Meetings" under the "Watch" heading. You will find Winooski School Board listed alphabetically at the bottom of the list of area schools.

BACK-TO-SCHOOL

What to Expect - A Year Full of Heart, Learning, and Practical Precautions

Drop Off and Pick-Up Procedures for the 2021/22 School Year (FAQ)

Due to construction, student drop off and pick up at the start and end of the school day may be a little bit more challenging this year. Our Leadership Team, Construction Team, and the Winooski Police Department have all worked together to come up with the safest and most efficient way to get our students in and out of the building.

Officer Jason Ziter, the district School Resource Officer, will be managing the traffic in the morning and afternoon. WSD staff will be available during the entire process to make sure students get to their classrooms in the morning, and get on their way home safely in the afternoon. We ask for your patience and flexibility as we get this new, exciting school year off to a great start!

What time should my student arrive at school?

School doors open at 7:55am for all students.

What time should I pick up my child from school?

Dismissal is at 2:50pm for JFK students and 2:55pm for WMHS students. To ensure a smooth dismissal process for all, we kindly request that parents avoid calling out their child for early dismissal after 2:30pm when possible.

What door should my student enter?

PK-5th graders will enter through the Main JFK Door.

6th -12th graders will enter through the Rear JFK Door.

My child is in Kindergarten/1st grade. May I walk them to their classroom?

For the 1st three days of school only, caregivers of Kindergarten and 1st graders may walk their students to their classrooms. Due to limited space in our building, we ask that only one adult accompany their child into the building.

My child is a PreK student. May I walk them to their classroom?

PreK students will follow the same drop-off and pick-up procedures as outlined below. Parents are allowed in on the first three days of PreK (Tuesday, September 7) but then after they will drop their student off at the door if the student is not riding the bus.

Student Meals

Winooski School District is a Community Eligibility Provision (CEP) district due to the high number of students who qualify for free and reduced lunches. **That means breakfast, lunch and supper are completely free for all students.** Breakfast will be served in our elementary school classrooms and will be offered mid-morning to all WMHS students. Lunch will be served in the cafeteria. Supper will be available for students who participate in afterschool programming.

Connect on Social Media

We are on Facebook, Twitter and Instagram (we are @WinooskiLearns), and of course the school district has a website with up-to-date information for all students and their families at www.wsdvt.org.

The Sweet Spot: Finding the balance between before and after COVID-19

By Co-Principals Kate Grodin & Jean Berthiaume

As we launch our new school year, we cannot help but be hopeful about what is to come. It is a pleasure to be learning together in person again! Since the disruption of covid and the continued construction of our new building, it feels as if all of us are new and starting a bit from scratch. We take nothing for granted as we push student desks together, design collaborative learning experiences, and prepare to get to know each other better. In many ways, we aim to seize this opportunity to find the sweet spot where we hold on to our learning from last year and combine it with the best parts of normalcy and the important lessons that COVID has taught us.

Here are things we look forward to:

Relationships! Since going into quarantine in March of 2020 it was clear that teacher student relationships are essential to success. In many ways, remote learning created an intimacy between

teachers and students as we zoomed into each other's homes. This year, we hope to continue to build a strong advisory program 6-12 and expand our use of Restorative Justice practices to further our work to create equitable learning environments and become an antiracist school district.

Slowing down to go fast! In order to manage the complexity of remote teaching, we created schedules and learning to go deep instead of broad. This year new schedules have been created so students have opportunities to study fewer things at one time. In the high school there is a daily schedule (no more green and white days), which reduces the number of classes each semester and builds on deeper and more sustained collaborative relationships with teachers. Middle schoolers also have a different schedule with longer core classes. Research tells us that instead of packing in all the things we think we missed

last year, we should choose the most foundational, high-leverage skills and teach, learn and practice them in different ways and contexts.

Taking a break from technology!

Paper, pencils and real books, circling up together, and having school-wide gatherings in our new common spaces is something we are really looking forward to. We hope to see technology take a supportive role in learning. We know zoom parent/teacher conferences, for example, may continue to be a first choice for some parents, however, we are excited for those to be intentional choices and not a default.

We are excited about the ongoing renovation of our school and working closely with teachers, students and families for a successful school year. Please feel free to connect with us early this year and share how you and your family are doing. Our doors are now open for visitors!

Summer School Recap

Place-Based Learning, Inquiry and Mentorship at Shelburne Farms

By Jean Berthiaume, WMHS Co-Principal

This summer high school students spent three weeks (3 days each week) at Shelburne Farms. At the farm, our students worked with educators at Shelburne Farms and teachers from our school to explore and develop a working understanding of sustainability. They learned about the diverse work happening



at the farm and how to support a more sustainable future. Our students learned how people communicate to different audiences about topics such as climate change, food systems, and education. This experience reflected their curiosity, passion and development of their perspective on sustainability issues both at the farm and throughout the state. Students then honed in on an area of interest and worked closely with a variety of mentors who work at Shelburne Farms.

A special thank you to our Community Based-Learning Coordinator Stephanie Hackett for all of her hard work in working closely with us and with Shelburne Farms staff in coordinating this learning experience on behalf of our students. Thank you also to Caitlin MacLeod-Bluver, Lindsey Cox, and student Kaira Mack for supporting the



overall design and their work with our students at the Farm so students can bring back their learning to Winooski. Student reflected unanimously what a truly memorable learning experience they had at Shelburne Farms this summer! Taking in students' prepared reflections, learning, and self-discovering was what we wanted for our high school students after this last school year.

I was amazed by each student's exhibition of learning and how they surprised themselves in their own self discoveries as learners.



Anything is Possible!

By Suzanne Skaflestad, 21C Director

Monisha wrote and received a grant for \$800 that she used to purchase swimwear for students at Winooski Middle School. Monisha commented, “When I wrote the grant, I did not think it was possible to receive the funds. I wrote down what I was thinking in my head and did not think I would receive anything.”

Her original grant focused on providing swim lessons to her fellow students that were interested in learning how to swim to keep everyone safer around water. Since the City of Winooski offered free swim lessons this summer, she used the funds to purchase the swim wear for students who may not have anything to swim in.

The lesson to be learned for all Winooski students is that **ANYTHING IS POSSIBLE.**

Well done Monisha!

Monisha and a swim shirt purchased for her fellow students. Many of our students prefer to wear swim tops and bottoms (that look like shorts) in the pool instead of traditional bathing suits.

WINOOSKI SCHOOL HEALTH CORNER

From the Health Office

By Katharine Monje RN BSN, School Nurse

Welcome back to school! We are so excited to see students back at school 5 full days a week!

Covid 19 is still with us. We started the school year wearing masks and will reevaluate the need for this as the month progresses. The WSD Covid Response Team will make decisions about mask requirements based on current COVID rates in our county, and vaccination rates among our students. WSD will be offering covid testing and vaccinations. Dates/Times TBD. As always please call the Covid Hotline at 802 556 2243 with your questions.

The health office is bustling at this time of year. Liz and I are working diligently to update the health plans for students with chronic medical conditions. If your child has a chronic condition such as asthma please make sure that we have an updated Asthma Action Plan, notify us of any changes and bring an inhaler for your student to keep at school.

Please feel free to call or stop by the health office if you have any questions!

Keep Smiling Winooski!

By Tracey Towers RDH,

Even masked, we can still see those smiles!


I am so excited to announce that we are planning on being fully up and running with our School Linked Dental Program with Vermont Dental Care in the Fall.

A VERY important step in resuming this process is that we are going to be asking for ALL student Medical History forms to be updated, and that all information is updated in the PowerSchool database regarding dental information. Whether your child participates in our program or not, we need current dental information for our records, so please be sure to pay attention to this when updating the PowerSchool Portal.

I will be working closely with Katharine and Liz, our amazing Nurses, to ensure our program moves ahead with all necessary precautions in place.


I look forward to seeing all of your kids in the district this year, and don't hesitate to reach out to me if you have any dental concerns or questions

WINOOSKI SCHOOL MENUS




Winooski Elementary School Breakfast


September 2021

 =Vegetarian
 Menus are subject to change

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
 No School	Strawberry & Cream Cheese Bagel Stick Or WG Frosted Flakes Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	1 Danimals Yogurt Scooby Grahams Or Cinnamon Toast Crunch Bar String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Breakfast Round Or WG Cinnamon Toast Crunch Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	3 Blueberry Bread Or Rice Chex Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety
13 WG Iced Honey Bun Or WG Cheerios Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Strawberry & Cream Cheese Bagel Stick Or WG Frosted Flakes Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Danimals Yogurt Scooby Grahams Or Cinnamon Toast Crunch Bar String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Breakfast Round Or WG Cinnamon Toast Crunch Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Blueberry Bread Or Rice Chex Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety
20 WG Iced Honey Bun Or WG Cheerios Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Strawberry & Cream Cheese Bagel Stick Or WG Frosted Flakes Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Danimals Yogurt Scooby Grahams Or Cinnamon Toast Crunch Bar String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Breakfast Round Or WG Cinnamon Toast Crunch Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	24 Blueberry Bread Or Rice Chex Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety
27 WG Iced Honey Bun Or WG Cheerios Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Strawberry & Cream Cheese Bagel Stick Or WG Frosted Flakes Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Danimals Yogurt Scooby Grahams Or Cinnamon Toast Crunch Bar String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	30 Breakfast Round Or WG Cinnamon Toast Crunch Cereal String Cheese Assorted Fresh, Dried or Canned Fruit Milk Variety	Please advise us if special meal accommodations are required for allergens or other special dietary needs.


No School

This institution is an equal opportunity provider.


Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50


Please Click Links Below for Nutrition Information on Daily Options:
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Milk Condiments
Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click on Link Below:




Click Image Below for employment opportunities





Winooski Elementary School Lunch

September 2021

 =Vegetarian
 Menus are subject to change

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
 No School	National Fruits & Vegetable Month Click photo below for more information 	1 Cheese Pizza Pepperoni Pizza Or Veggie Pizza Or Broccoli Salad Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety	2 Spaghetti w/Meat Sauce (Ground Beef) Or Fresh Corn on the Cob Or Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety Welcome Back Blue Raspberry Lemon Slushie Cup	3 Pancakes Real Maple Syrup Or Sweet & White Homefries Twin Sausage Links Assorted Fresh, Dried or Canned Fruit Milk Variety Or Fresh Green Pepper Strips
6 WG Iced Honey Bun Or WG Cheerios Cereal Honey Roasted Sunflower seeds Assorted Fresh, Dried or Canned Fruit Milk Variety	7 Tater Tot Nachos Or Garden Salsa Or Rice Pilaf Or Mexicali Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	8 Cheese Pizza Pepperoni Pizza Or Veggie Pizza Or Broccoli Salad Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety	9 Chicken Alfredo w/Pasta Or Caesar Salad Or Maple Carrots Or Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	10 Cape Cod Fish & Chips Or Crinkle Cut French Fries Or Cilantro Lime Cabbage Slaw Or Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety
13 Meatball Sub (Beef Meatballs on a Bun) Or Garden Pasta Salad Or Fresh Bell Peppers Or Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	14 Thai Noodle Salad Or Chicken Or Steamed Broccoli Or Homemade Zucchini Bread Square Assorted Fresh, Dried or Canned Fruit Milk Variety	15 Homemade Cheesy Breadsticks Or Marinara Dipping Sauce Or Chicken Noodle Soup Or Fresh Celery Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	16 Homemade Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Or Steamed Carrots Or Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety	17 Hot Turkey & Cheese Pinwheels Or Caesar Salad Or Seasoned Green Beans Assorted Fresh, Dried or Canned Fruit Milk Variety
20 Oven Baked Chicken Nuggets Or BBQ Dipping Sauce Or Roasted Potato Wedges Or Savory Roasted Zucchini Or Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety	21 Beef Taco w/ The Works Or Garden Salsa Or Rice Pilaf Or Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	22 Cheese Pizza Pepperoni Pizza Or Veggie Pizza Or Caesar Salad Or Fresh Cucumber Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	23 Homemade Beef Goulash Or Garlic Breadstick Or Steamed Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	24 French Toast Sticks Real Maple Syrup Or Sweet & White Homefries Twin Sausage Links Or Fresh Green Pepper Strips Assorted Fresh, Dried or Canned Fruit Milk Variety
27 Dress Your Own Beef Burger Or Lettuce & Tomato Or Hand Cut French Fries Or Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	28 Beef Nachos Supreme Or Garden Salsa Or Rice Pilaf Or Mexicali Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	29 Cheese Pizza Pepperoni Pizza Or Veggie Pizza Or Broccoli Salad Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety Taste Test Event HOM-Sweet Bell Peppers	30 Cheesy Ravioli Bake Or Caesar Salad Or Steamed Carrots Or Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	Please advise us if special meal accommodations are required for allergens or other special dietary needs.


No School

This institution is an equal opportunity provider.

Meals Are Free To All Students

Adult Breakfast \$1.85
Adult Lunch \$3.85
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:
Fruit & Yogurt Parfait w/Granola, Deli Turkey & Cheese Sandwich, Sunbutter & Jelly Sandwich w/Cheese Stick
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Deli Options K-8
Fruit & Yogurt Parfait w/Granola
Milk Condiments
Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below



Harvest of the Month: Sweet Bell Pepper

Click on the image above for more info on the Harvest of the Month!

Harvest of the Month Veggie Served

Letter from the Mayor

By Kristine Lott

Hi Winooski, I hope you've all have had a chance to relax and enjoy yourselves at community events and social gatherings as we approach the end of summer. With Vermont's national lead in vaccination rates, it has been wonderful to experience a well-deserved sense of normalcy. I want to thank everyone in Winooski for contributing to these efforts and keeping each other safe. With that in mind - the pandemic is still with us, and with the rise in cases, we must continue to follow the public health guidelines of the CDC and Vermont Department of Health as things evolve. To stay up to date with all things COVID-19, please visit winooskivt.gov/covid-19. Please remember to respect mask and distancing requirements if a local business or organization requires it, regardless of your vaccination status.

In other news, the search for our new City Manager continues. In the spring, we convened a diverse search committee to help narrow down our pool of 20 applicants to the top 3. Winooski City Council will continue our finalist interviews, followed by a final public forum with candidates so community members can ask questions and weigh in (likely during our meeting on September 20 - keep an eye out for that meeting warning). I'm looking forward to working with our next City Manager!

Following up on the Main Street Revitalization Project, the City is on track to start construction in the summer of 2022. The current project cost estimate has gone down from the original \$23 million to about \$20 million and we've secured \$5 million in grants, further reducing the cost to taxpayers. We have also applied for another large federal grant and hope to continue lowering the cost of this work. Updates on this work can be found at winooskivt.gov/mainstreet.

Speaking of funding, Winooski has



received our first installment of the federal American Rescue Plan money, dedicated to local pandemic recovery efforts. We will receive about \$700,000 over the next two years, and additional funds will be distributed by the state (TBA - up to \$1.3 million). These funds can be used to respond to the ongoing public health emergency or its negative economic impacts, including assistance to households, small businesses, and nonprofits or to make necessary investments in water, sewer, or broadband infrastructure. If you're interested in the details, visit the Vermont League of Cities and Towns page on ARPA funding here: <https://www.vlct.org/resource/intro-coronavirus-local-fiscal-recovery-funds>. We have until December 2024 to allocate these funds, so we want to hear what you would prioritize as we work to recover from the pandemic. What needs do you see here in Winooski that aren't being met?

As always, feel free to reach out and share your thoughts.

Thank you.



From Your Local Representatives

By Representative Taylor Small

Childcare is essential to Vermont's children, families, employers, and the economy. Even before the pandemic, it was clear that child care is essential. When children have access to culturally-, linguistically-, and needs-responsive, high-quality child care, it can close or eliminate achievement gaps caused by generational poverty, structural racism, and social inequity.

This past year, the House Human Services committee worked on and passed Act 45, which continues the implementation of the 5-year childcare redesign that we started with our Governor two years ago and is a real support for working families. This redesign comes with an expansion of the Child Care Family Assistance Program (CCFAP) which will ensure that no family that earns less than 150% of the federal poverty level (FPL) will have to pay any co-payment for childcare in Vermont. It also expands the number of families that qualify for some subsidy to a family earning up to 350% of the FPL, and to truly help the working middle class there is a summer study that will examine what it would mean to raise this even higher so that no family in Vermont pays more than 10% of their income on childcare.

As I'm sure you are aware, solving the child care crisis is inextricably linked to creating a thriving economy with the workforce necessary to support growing businesses; and that begins with a skilled child care workforce that is paid enough, with the necessary benefits, so that they too can have families that thrive in Vermont. Therefore, this act also sets the important goal that early childhood educators are fairly compensated and well supported, and makes significant immediate investments in recruiting and retaining this vital workforce.

I also recognize that childcare does not end when youth begin school, but instead morphs into afterschool programming and initiatives. In that regard, I had the privilege of attending the Listen Up Project performance at Shelburne Museum, which featured real Vermont teen stories about what it is like to grow up in Vermont. This phenomenal musical was a call to action for us all in thinking about how we support adolescents within our state. There were stories about teen romance, puberty, substance use, bullying, social media, and the pressures that our teens are facing on a daily basis. The main takeaway that I gained was recognizing that our teens need

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afterschool programming and venues to be able to connect, make safer decisions, and ultimately have something to do at the end of the school day.

As we look to the next year of this legislative session, I am energized to take this conversation to my colleagues under the golden dome, and am grateful for the youth who participated in the Listen Up Project, including Winooski's own Don Kiputa! Thank you for inviting us all to listen and learn from one another, especially during such divisive times; this is a perfect example of community leadership.



Community Vision

This new section of the Winooski Newsletter is designed to keep our residents and visitors informed of the progress being made in the City's Strategic Vision areas – or “community vision”. To learn more, visit winooski.vt.gov/about.

Economic Vitality

The Winooski Finance Commission recently appointed Matthew Francis as their new Secretary and welcomed Dillon Lovell as an alternate member. During their July and August meetings, the Finance Commission discussed how the City would be using ARPA funding and made changes to the City's Investment, Capital Improvement, Debt, Information Technology, and Risk Management policies.



Municipal Infrastructure

Work continues on the US-7 Concrete Repair project through the circulator and is expected to be completed in the fall. For full project details and updates, please sign up for our news updates at winooski.vt.gov.

The Hickok Street Watermain Replacement project will be wrapping up soon! We'd like to thank our neighbors on Hickok and West Lane for their cooperation as we replace a section of the +100-year-old original watermain. For project details, visit winooski.vt.gov/hickok.



The Main Street Revitalization Project is targeting a construction start in the spring of 2022. Maintaining clear communication with residents and property owners during the project is a priority for the City. The Department of Public Works will be leaving door hangers with a request for contact information - you can receive future updates about the project by doing one of the following:

- If you have internet access, please complete the online info intake form at winooski.vt.gov/mainstreet.
- If you do not have internet access, please call 802 734 0022 leave a voicemail with your name, street address, and daytime phone number.

Councilor Bryn Oakleaf's latest Municipal Infrastructure Liaison Update is available at winooski.vt.gov.



Housing

Construction is underway for Butternut Station, a Champlain Housing Trust property at 32 Malletts Bay Ave that includes twenty 3-bedroom townhouses priced for residents making low-to-moderate income. For full details, please visit getahome.org.

The Winooski Housing Commission continues their discussion on ways to incentivize multiple bedroom rental units in Winooski. At a recent meeting, the Commission reviewed a draft work plan for FY22, which includes making funding recommendations for housing trust fund applications, monitoring incoming housing developments in comparison with affordability targets, and tracking housing trust fund outcomes.

Councilor Jim Duncan's latest Housing Liaison Update is available at winooski.vt.gov.



Safe, Healthy, Connected People

Our Community Services Department has had an amazing summer. Many thanks to our many community partners who made our 2021 Summer Camps an absolute success! The opening season at the Myers Memorial Pool has been incredible – feel free to plan your next visit at winooski.vt.gov/pool.



The Winooski Police Department has partnered with the Pink Patch Project and the 919 Foundation for a special fundraiser in memory of LT. Michael E. Cram. Limited Edition WPD Pink Patches are available for purchase - 100% of the proceeds will be donated to Camp Ta-Kum-Ta, a year-round camp for children with cancer in Vermont. Patches are \$10 each - 250 patches are available on a first-come, first-serve basis. You can purchase your patch with cash at the Winooski Police Department dispatch window on 27 West Allen St.



The Winooski Fire Department welcomed four new firefighters to Winooski! Our new members have been engaged in training exercises and getting acquainted with the department and have completed their practical exams and final tests - effectively becoming our newest probationary staff members. Chief John Audy, Battalion Chief John Spittle, and Captain Liam Keating (along with other course instructors) presented them with their probationary helmet shields. Please join us in welcoming Probationary FF Tye Barlow, Probationary FF Elijah "EJ" Johnson, Probationary FF Hayden Lawrence, and Probationary FF James McCormick! Thank you for your hard work and dedication to the City of Winooski.



For up-to-date guidance, visit
winooski.vt.gov/covid-19

COVID-19 Information

Updated Mask and Distancing Requirements for Municipal Buildings

As of August 11, 2021, masks and 6' social distancing are required by our staff and the public for all City of Winooski buildings, regardless of vaccination status, including:

- Winooski City Hall (27 West Allen Street)
- Winooski Police Department (27 West Allen Street)
- Winooski Fire Department (120 Main Street)
- Winooski Senior Center (123 Barlow Street)
- Winooski Public Works (Gilbrook Road)
- Winooski Memorial Library (32 Malletts Bay Ave)
- O'Brien Community Center (32 Malletts Bay Ave)
- Myers Memorial Pool (62 Pine Street)

Masks required indoors, not required while outdoors or in the pool

City staff and members of the public are not required to wear a mask outside in the course of work or during City-sponsored events or gatherings, unless it is not possible to maintain physical distancing, in which case masks must be worn regardless of vaccination status.

COVID-19 Testing

COVID-19 testing is available throughout September at the O'Brien Community Center (32 Malletts Bay Ave). Please note the new time slots available.

Register for any time listed below at <https://vermont.force.com/events/s/selfregistration> (walk-ups are also welcome).

Mondays: 4pm - 8pm
Tuesdays: 9am - 1pm
Wednesdays: 4pm - 8pm
Thursdays: 9am - 1pm
Fridays: 4pm - 8pm
Saturdays: 9am - 1pm
Sundays: 9am - 1pm

COVID-19 Vaccines

COVID-19 vaccination clinics remain open for people ages 12 and up. Please visit healthvermont.gov/myvaccine to schedule your appointment or find the next available pop-up opportunity.

For current updates, resources, and municipal service information please visit winooski.vt.gov/covid-19



Reminders from the City Clerk's Office

The City Clerk's Office will be closed on Monday, September 6th, 2021 for Labor Day. Feel free to use either drop box at City Hall for payments and documents as needed.

Winooski City Council will hold their regular meetings on Tuesday September 7th and Monday September 20th.

Community Services Updates Recreation and Parks

winooskivt.gov/rec

[f](#) [ig](#) @winooskirec



Thanks for a great Season!

- The last day of the 2021 season at the Myers Memorial Pool is September 7th. Winooski Recreation and Parks would like to thank everyone for an amazing re-opening season - see you next year!
- To plan your visit and for full details, visit winooskivt.gov/pool



Summer Movie Nights

After spending a day splashing around at the Myers Memorial Pool, hop across the street to Landry Park for a family-friendly outdoor movie! Free and open to all - no registration required!

Miracle – Sat Sep 25, 8:30pm © 2004 Disney Enterprises.

Guests are responsible for adhering to the most up-to-date COVID-19 and social distancing guidance.

Please bring your own lawn chairs or blankets, snacks, and non-alcoholic beverages.

Run Ride Club

We are so excited to announce our new Run & Ride Club in partnership with Local Motion and the Monkey House! The Winooski Run & Ride Club is a new offering that invites community members once a week to get outside and get active! This program is open to all skill levels - see the route options below:

- May 12 – September 29, 2019
- Every Wednesday @ 6pm (weather dependent)
- Registration not required; this is a weekly drop-in event.
- Beginner, Intermediate, Advanced routes
- Begin at the Monkey House (30 Main Street) - please sign in!
- Route maps will be provided at the start
- Run and Bike Ambassadors will be there to guide you
- Punch Card Prizes!



Thrive After School

winooskivt.gov/thrive

[f](#) @thrivewinooski

Thrive After School is a state-licensed, 3 STAR childcare/enrichment program that runs from 3–5:30pm Monday - Friday. We partner with WSD to provide a community where children in grades K-5 explore, learn, and grow during their after school hours. During Thrive, students engage with creative arts, STEM and Makerspace activities, literacy skills, cooperative and socio-emotional learning, outdoor play, and more.

Thrive costs \$19 per day enrollment or \$90 for full week. We accept state childcare subsidy as well as offer scholarships to families in need. Reach out to Kate Anderson at thrive@winooskivt.gov or call 802-233-8188 for more information and to enroll.



Winooski Memorial Library

winooskivt.gov/library

[f](#) [ig](#) @winooskilibrary

Audiobooks, Ebooks, & More

Did you know that all Winooski Memorial Library cardholders have access to FREE online resources including audiobooks, ebooks, film streaming, language learning, educational and professional development courses, and more? Visit our website at winooskivt.gov/library or stop by the library for questions about access and/or additional information.

English Conversation Group

We're excited to announce our partnership with USCRI Vermont to offer their "English Conversation Under the Tent" program! Join a weekly conversation group to practice English skills. Each week will have a different theme and new vocabulary to practice. Do you have a topic you would like to talk about? Join the conversation!

- Tuesdays 11am-12pm @ the Winooski Memorial Library
- Free to join, open to adults 18+

Free Veggie Distribution

We've partnered with the Intervale Center to provide FREE local produce to our community members! Looking to add color and vibrancy to your next meal? Want to enjoy something fresh and amazing from a local Vermont farm? Drop by and say hello all summer!

- July 7 - September 15, 2021
- Wednesdays from 4-6pm @ the O'Brien Community Center
- Please bring your own reusable grocery bags

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- Seasonal item availability on a first-served basis

This amazing opportunity is made possible by Intervale's Gleaning & Food Rescue Program, an initiative that gleans and rescues fresh vegetables from Intervale farms and farms in Chittenden County.

Library of Things

Did you know the library has a collection of nontraditional items available for loan to Winooski cardholders? We call this our "Library of Things" and it includes such items as birding backpacks, local museum and VT State Park passes, home and yard tools, board games, blood pressure kits, a telescope, and more! Stop by today and check-out something new.

Outdoor Storytime

Join us on Tuesdays and Thursdays at 10am for outdoor storytime. We'll be reading our favorite books, singing songs, doing a little dancing, and sharing in fun! Weather permitting. No registration required. Find us behind the library on the lawn!

Papercrafts: Origami, Mask Making, & More

Find us every Tuesday at 3pm for weekly origami folding challenges and other crafts. We'll be hosting crafty activities using commonly available household, grocery or hardware store supplies. Bring your creative self and ideas to share for future crafting sessions.

Pokemon Go! Crawl

Make new friends, battle old ones! Join us for a walk around the Onion River City for some collective Pokemon Go! gaming. Complete daily missions, work together to defeat more powerful Gym Bosses, trade for the Pokemon you need to catch 'em all! Get some fresh air and socialize safely outdoors while playing long-time favorite video game, Pokemon GO! Wifi provided. Bring your own device. If you do not yet have a Pokemon GO! account, either start one before attending, or we can help you when you arrive. Fridays at 3pm, weather permitting. Signed permission required for this program.

Stop by or email jneilson@winooski.vt.gov to get your form today.

Riddle Quest @ Landry Park

Put your problem-solving skills to the test with our first ever Winooski Memorial Library Riddle Quest! We've hidden several boxes throughout Landry Park, each containing a riddle that leads to the next. Solve the riddle, collect a stamp, and explore the activities and facilities offered in and around the park. Quest maps available at the Winooski Memorial Library or on-site at Landry Park.

Questions? Contact Josh Neilson, Youth Services Coordinator: jneilson@winooski.vt.gov / 802 655 6424

Tabletop and Trading Card Games

Bring your friends, bring your family, or just bring along yourself to play some tabletop and trading card games on Thursdays at 3:00pm. This all-ages program invites the Winooski community to enjoy gaming with friends and neighbors - we'll have cards, dominoes, chess, cribbage, and more! Have a favorite of your own? Introduce us to something new! We hope to see you there!

Tech Help Under the Tent

Do you have a new computer or device that you don't know how to use? Do you need help downloading ebooks or audiobooks to your smartphone, e-reader, tablet, or computer? Do you want to learn more about technology and have questions? Join our partners from USCRI on Saturdays outside and under the tent at the Winooski Library for 1:1 assistance and to learn new skills! Drop-in, no registration required.

Saturdays, 10:30am - 1:30pm @ the Winooski Memorial Library

Free to join, open to adults 18+

Virtual Dungeons & Dragons

Welcome to the world of cooperative narrative role play where the story is told by participant players! Build amazing worlds and learn all about collaborative storytelling through our series of information and gaming sessions. This program is designed for youth ages 10 -18 and parents are welcome to participate.

- Join us via Zoom on Mondays 4 - 6PM (elementary) and 6 - 8PM (middle/high school)
- To sign up, call or email Josh Neilson, Youth Services Coordinator: jneilson@winooski.vt.gov / 802 655 6424

Winooski Reads Book Club

The Winooski Library is excited to offer a chance to participate in our new Winooski Reads Book Club for adult readers (18+)! Join your friends and neighbors for a lively discussion of each month's selected title and share your thoughts, insights, and reactions to the book. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424

Winooski Writes

Calling all Winooski writers: Join the Winooski Memorial Library and Writer/Professor Mary Hussman in ongoing, monthly writing workshops. Winooski Writes! seeks to provide an encouraging, supportive, and inclusive safe space for writers of all levels to practice and grow their craft. Through peer review, regular writing practice, and craft talk, we'll learn to find and hone our voices on the page. Writers of all genres over 18 are welcome to join. At our first meeting, we'll collaborate on the structure, times, and format for our monthly meetings. No huge time commitment, though regular attendance is highly recommended. Free to take part, email or call Nate Eddy, Library Director, at neddy@winooski.vt.gov / 802 655 6424



Winooski Senior Center

winooski.vt.gov/seniorcenter

 @winooskiseniorcenter

We are now open Tuesdays & Wednesdays from 9:30am - 12:30pm, and Thursdays 9:30am - 1:30pm. Join us for events and programs! Please note, masks

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and 6' social distancing at required at this time, regardless of vaccination status.

TUESDAYS

Community Coffee Chat

Everyone is welcome to join us on Tuesdays from 10 – 11am as we gather and converse with community members. Coffee Tea, treats and great conversation will be served.

WEDNESDAYS

Vintage Cafe - NEW!

We'll be hosting our Vintage Cafe every Wednesday from 10:30am to 12:30pm. Join us for coffee, tea, treats and great music on the patio and in the dining room.

More than a Meal

In partnership with Age Well, we are offering Older Vermonters (60+) a free nutritious meal every Wednesday. We want to continue to support you being well at home and provide you with an opportunity to stay connected to your community while enjoying a healthy and deliciously prepared meal, and some goodies from us! We offer contactless delivery to your Winooski home or apartment building entrance. Pick up between 10:30am and 12:30pm at the Center. Reservations must be made by Noon the Friday before the scheduled Wednesday meal. Please call us at 802 655 6425 or email us at seniorcenter@winooski.vt.gov for the weekly menu and to register for this program.

THURSDAYS

Small Dog Socials - NEW!

Join us on Thursdays from 10am - 11am for a great opportunity to socialize with folks who own small dogs! We'll have treats for everyone and will have fun games and toys for all to play along. Bring your small dog or just come and enjoy being in the company of furry friends! NOTE: No programs on 9/2 or 9/16.

Fun & Games NEW TIME

Do you like to play Cribbage, Scrabble, Card Games, Wii Bowling, or Ping Pong? We've got it all and more! Join us from 11am - 1:30pm for tons of fun, conversation and snacks.

NOTE: No programs on 9/2 or 9/16.

SPECIAL EVENTS

Grill N' Roll

- 11:30am Thursday, September 2nd

Join us as we meet for a Chicken BBQ at the Sand Bar State Park. \$5 suggested donation. Advance tickets required. Call Pat Long at: 802 557 5484. Presented by Age Well.

Luncheon Cruise

- 11:30am Thursday, September 16th

Join us as we meet at the Spirit of Ethan Allen for a lunch and narrated cruise. \$21 all inclusive. Advance tickets required. Call Pat Long at: 802 557 5484. Presented by Age Well.

Harvest Luncheon

- Noon Saturday, September 25th

Join us as we celebrate the end of summer. Menu to be determined. Please call us at 802 655 6425 to RSVP by Noon on 9/22/21. \$5 for all folks 55+

Shine Time - NEW!

Our new Shine Time programming will be held Tuesdays and Wednesdays from 9:30am to 12:30pm, and Thursdays from 9:30am to 1:30pm - indoors and out. Join us for fun and games, educational programming, and good old-fashioned conversation! Snacks are always provided. Call or email us for details: 802 655 6425 / seniorcenter@winooski.vt.gov

Bone Builders - Mondays and Wednesdays at 3pm

RSVP Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.

Meals on Wheels

If you know of an older Vermonter who has special nutrition requirements or is having difficulty with meal preparation, please call Age Well at 802 863 0360 to find out the eligibility requirements. No one is denied meals due to an inability to donate. Volunteer drivers are always needed.



Meals on Wheels Volunteers Urgently Needed in Winooski!

You can help your older neighbors when you deliver Meals on Wheels in Winooski with Age Well. The time you donate will be repaid many times over by the relationships and memories created and the knowledge that you've made a difference. Volunteers are assigned a weekly or bi-weekly route in their community. Meals are delivered between 9-11am so the client has the meal for lunchtime. Our nutritious meals include protein, vegetables, milk, juice, bread, and fruit. Special diets (such as low-sodium) are accommodated.

Age Well is proud to partner with the Winooski Senior Center. Contact the Volunteer Department: 802-662 5249 or volunteer@agewellvt.org

Learn more about volunteering: agewellvt.org/giving-back/volunteer



Thank you for coming out to Winooski Wednesdays!

By Meredith Bay-Tyack, Executive Director, Downtown Winooski

A huge thank you to everyone who attended, volunteered and anyone who was a part of the Winooski Wednesdays 2021 Event Series. The monthly Rotary Park-based free concert series and outdoor market brought the community together all summer! Hosted by Downtown Winooski with support from the City of Winooski. Presenting sponsor Mascoma Bank ensured we could invite high quality bands and local openers all summer. Sponsored in part by Stages in the Sun, an initiative from the Vermont Recreation & Parks Association, the Vermont Arts Council, and the Vermont Department of Tourism & Marketing with help from the Vermont Community Foundation. Follow @downtownwinooski on Instagram and Facebook or check out www.downtownwinooski.org to stay up to date about future community events and see how you can get involved to make sure we can host these kinds of events in the future.



Have you visited Winooski Farmers Market yet?

The Winooski Farmers Market is open every Sunday 10am - 2pm rain or shine on Winooski Falls Way in downtown Winooski for free music, shopping, and community. This year there are returning favorites and several new vendors offering fresh local produce, maple syrup, honey, homemade soaps, maple popcorn, jewelry, baked goods, mini pies, unique specialty food and body care, bespoke clothing, candles, mead and much more. EBT accepted plus we match \$10 in Crop Cash via NOFA-VT. Not sure about your EBT or P-EBT benefits? Staff at the Market Manager tent are happy to help you! Visit www.downtownwinooski.org/winooski-farmers-market and follow @winooskifarmersmarket on Instagram and Facebook.

Local shop hosts 'The Cocoa Podcast'

Rosie's Confections Market & Cafe opened its doors in February at 7 W Canal St. This woman-owned family business offers a variety of treats including chocolate truffles, CBD products, caramels, ice cream, coffee, iced drinks, gluten free & vegan bakery goods, and pastries. Rosie's Confections' founder, Emma Rose, recently launched 'The Cocoa Podcast' to share her passion and knowledge about chocolate as well as bringing on other experts in sustainability and ethical chocolate sourcing. Go to @rosies.confections to find out more.



Halloween in Winooski is coming up fast...and we need your help!

We are in need of volunteers to help with all aspects of Halloween in Winooski. Do you love carving pumpkins? Helping organize and coordinate community events? Or are you interested in donating funds or helping fundraise? Please reach out to info@downtownwinooski.org if you're interested in signing up to be on the planning committee or as a volunteer during the Halloween in Winooski 2021 events.

Intervale Food Hub Expands Home Delivery

By Reid Parsons, Intervale Food Hub

The Intervale Food Hub has expanded their local food delivery service to all residences in Winooski. The Burlington-based hub brings products together from over 70 Vermont farmers and food makers and delivers them to homes, businesses, and community sites in the greater Burlington area through their online marketplace.

"We are excited to bring amazing foods from Vermont farmers and food makers to more people in the Chittenden County area" says Travis Marcotte, Executive Director of the Intervale Center. "This means you can easily buy the best meats, fish, fruits, dairy, vegetables and prepared foods and feel great that to support Vermont farmers and food makers that make our state so special."

Customers can join the Intervale Food Hub at any time and shop from over 200 Vermont-made products on the Food Hub's website, receiving custom deliveries each week. In addition to their shop offerings, the Food Hub offers CSA-style produce packages, curated weekly for peak seasonality. The Intervale Food hub accepts SNAP/EBT payment for all orders.

If you would like more information, please call Reid Parsons at 802-595-0509 or email reid@intervale.org.

Need Ideas For the International Day of Peace?

By Sister Pat McKittrick

Make this year the brightest, boldest, most memorable Action Week ever - being held Sept 18-26! Since 2014, Pace e Bene has been working for non-violence in the world. They've been building a movement for a culture of peace and nonviolence, free from war, poverty, racism, and environmental destruction. Join them for these special events:

Connect! It's time for our first Campaign Nonviolence Organizers Call on Monday, July 26th at 6-7pm ET. Join the Pace e Bene staff and other organizers to share your Action Week ideas, connect with the broader movement, and get energized together. Invite your local action organizers, steering committee, or fellow activists. It's free, but RSVP is requested (website below).

Amplify With Art! As you get ready for the Campaign Nonviolence Action Week Sept 18-26, we encourage you to join our next skillbuilding webinar. Invite your friends, fellow organizers, and members of your community to learn how to "Amplify With Art" on July 27 from 8-9:30pm ET. Special guest Laurie Marshall will share from her experiences building hundreds of murals with intergenerational, diverse groups. We'll talk about how art both amplifies your message and builds participation in your actions. This webinar is open to everyone, FREE if you've already signed up for Action Week, and full of good ideas you can use! Register on the website.

Tell Your Story! In this 5-min video, Rosie, Shaina, and Rivera share tips for using photos, videos, social media, and out-of-the-box ideas for spreading your message before, during, and after Action Week, Sept 18-26. We want to see great photos, exciting videos, and moving articles about your actions and events. This video will give you inspiration for figuring out how to tell your story and get your message heard. Visit <https://paceebene.org> to watch.

Got questions? Email: rivera@paceebene.org



YOUR LOCAL MEDIA

Watch local programs, regional events, and municipal meetings on cable TV and online. Learn how to make your own community media.



- MEDIAFACTORY.ORG + CREATE Channel 15 (BT), HD 215 (BT), 1074 (Comcast), LEARN Channel 16 (BT), HD 216 (BT), 1094 (Comcast)
- CH17.TV + Channels 17 (BT), HD 217 (BT), HD 317 (BT), 1087 (Comcast)



Wisdom from Hopi Indian Chief White Eagle

By Sister Pat McKittrick

Life is what we make of it. And fortunately, we do not journey alone. We have those who surround us and those who have gone before us. Another gift of today is the diversity in our community. What do we learn from each other? How do we respectfully dialogue and interact with various members of our community?

This morning, a friend sent me the message below. I was inspired by it and hope it inspires you. You can find the message online: <https://awakeningnation.com/category/consciousness/>

Hopi Indian Chief White Eagle commented a few days ago on the Covid-19 situation:

"This moment that humanity is living through can be considered a door or a hole. The decision to fall into the hole or go through the door is yours.

If you consume information 24 hours a day, with negative energy, constantly nervous, with pessimism, you will fall into this hole.

But if you take the opportunity to look at yourself, to rethink life and death, to take care of yourself and others, you will go through the door.

Take care of your home, take care of your body. Connect with your spiritual

home. When you take care of yourself, you take care of others at the same time.

Do not underestimate the spiritual dimension of this crisis. Adopt the perspective of an eagle that sees everything from above with a broader vision.

There is a social demand in this crisis, but also a spiritual demand. The two go hand in hand. Without the social dimension, we fall into fanaticism. Without the spiritual dimension, we fall into pessimism and futility.

You are prepared to go through this crisis.

Grab your toolbox and use all the tools at your disposal. Learn to resist by the example of the Indian and African peoples: we have been and continue to be exterminated. * But we never stopped singing, dancing, lighting fires and having joy.

Don't feel guilty for feeling lucky in these difficult times. Being sad and without energy doesn't help at all. * Resilience is resilience through joy!

You have the right to be strong and positive. You have to maintain a beautiful, cheerful and bright posture.

This has nothing to do with alienation



(ignorance of the world). It is a strategy of resistance.

When we walk in the door, we have a new view of the world because we have faced our fears and difficulties.

This is what you can do now:

- Serenity in the storm,
- Keep calm, meditate daily,
- Make a habit of encountering the sacred every day.

Demonstrate resilience through art, joy, trust and love. "

What changes will you make in your life? What can you share with others? Feel free to speak about this with your family, friends and community members.

Remember September 21st is International Day of Peace. Find peace in yourself, in your family and community.

Howard Center Updates

By Jennifer Spagnuolo, MS-LCMHC, LADC (Reprint, 2020)

September is National Recovery Month, a time to recognize and support those in recovery from mental health or substance use disorders. Recovery is often described as an individual's journey from darkness to light, but there is far more involved. Progress in recovery is hardly possible without help. Family, friends, and community members pitch in to help where needed so someone can get back on his or her feet. When an individual or family struggles, the whole community struggles, and it's important to understand the role family and community play in someone's recovery. Recovery Month is an opportunity to spread awareness and celebrate the stories of those who are taking steps to improve

their lives and their family or friends who provide support throughout the process.

For some, recovery might mean removing substance use or negative behaviors. For others, it might mean getting needed care in the form of counseling, medication, or medical treatment, or participating in activities they once enjoyed before life became so complex. The recovery process is different for each individual.

This month is a time to reflect on our roles in the recovery process and to support those who are working to gain freedom from substance use so they can live the life they choose.



Our Access and Intake team and main number 802-488-6000 is available Monday through Thursday, from 8:00am to 6:00pm and Friday from 8:00am to 5pm.

Our crisis line, First Call for Chittenden County, is available 24/7/365 at 802-488-7777.

Winooski Food Shelf Schedule for September

By Linda Howe, Winooski Food Shelf Coordinator

Wednesday, September 8th	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, September 11th	9:30 am to 11:00 am	Veggies, deli, bakery, meat, eggs, diapers
Wednesday, September 22nd	1:00pm to 3:00pm	Pantry staples, veggies, eggs, meat, diapers
Saturday, September 25th	9:30 am to 11:00 am	Veggies, deli, bakery, meat, eggs, diapers

We are now in fresh veggie season! The Intervale Community Farm is providing us veggies at wholesale prices. Given the large number of people we are feeding, 735 in July, we are spending a lot of money. If you have a garden producing more than you can use, please look at our schedule and think about donating veggies on the day of our distribution. On Saturdays, we are setting up at 8 a.m. and on Wednesdays, we are setting up by 10 a.m.. Many of our neighbors have no space to grow food and they really appreciate the kindness of neighbors fortunate to have some land to grow food. We are all back to wearing masks.

Food Shelf Policy: Winooski residents coming for the first time should bring proof that you live in Winooski such as a utility bill or rental lease. Winooski residents may access the pantry staples one Wednesday each month. They

may also come both Saturdays to stock up on bread, pastry and some fresh fruits and veggies. Shaw's in Colchester and Winooski's own Commodities Natural Market help supply Saturday's food.

Where to find us: The Winooski Food Shelf is located in the United Methodist Church at 24 West Allen Street. We do not provide rides so please bring a wheeled cart or suitcase and some bags to lug your food home. The church phone number is 802-655-7371

Cash donations needed: The Food Shelf is growing rapidly. More and more of the food must be purchased since donations of food items cannot meet demand. Checks can be mailed to: The Winooski Food Shelf, P.O. Box 53, Winooski, VT 05404. You may also donate at winooskifoodshelf.org.

Donation Drop Off Locations:
Please do not leave food on our

doorstep when we are closed. Instead, please bring **unexpired and unopened** food donations to: Commodities Natural Market, 65 Winooski Falls Way, phone: 448-3340 or to J & J's Corner Market, 12 Malletts Bay Avenue, phone: 654-8003. **We especially need toiletries: toothpaste, tooth brushes, deodorant, shampoo, disposable razors and toilet paper.** Thank you for caring about our neighbors!

Food Shelf Volunteers Needed

If you have some free time and would like to do some pickups and deliveries, pack food boxes, set up for food shelves or serve our clients, please reach out to us at our e-mail address: winooskifoodshelf@gmail.com. We especially need help serving clients on Wednesdays. Volunteers should be able to lift 25 pounds.

Welcome Back, Winooski!

By Jane Henderson, Winooski Partnership for Prevention Grants Manager

Happy start of the new school year! We hope that everyone had a restful and enjoyable summer. Below you'll find support in setting intentions this school year, opportunities for students, and resources for youth. Sign up for our newsletter at winooskiprevention.org for info on upcoming community dinners and events!

Five Conversation Goals for Talking with Your Student

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent or caretaker (SAMHSA). With the beginning of a new school year, make a plan for how to talk to your student about alcohol and drug use. See 5 conversation goals below:

1. Show you disapprove of underage

- drinking and other drug misuse.
- Show you care about your child's health, wellness, and success.
- Show you're a good source of information about alcohol and other drugs.
- Show you're paying attention and you'll discourage risky behaviors.
- Build your student's skills and strategies for avoiding drinking and drug use.

Above the Influence After-School Club

Is your student looking for a way to make a difference in their community? The Winooski Above the Influence (ATI) club allows students to support one another in their decision to live substance-free, discusses issues around substance use in the community, and

organizes projects that inform and engage the public. If you think that your youth might be interested in joining, please reach out to After-School Director, Suzanne, at sskaflstad@wsdvt.org.

Resource Corner: Youth Vaping

Do you have a youth in your life who is looking to quit vaping? Quit the Hit (link by scanning the QR code provided) helps youth quit vaping through support from private groups on Instagram. Youth who join will receive support and guidance to help with the stress and anxiety of quitting.

We're looking forward to keeping Winooski safe and healthy this school year. As always, please reach out if you are looking for resources.





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IMPORTANT NUMBERS IN WINOOSKI

WINOOSKI SCHOOL DISTRICT www.wsdvt.org

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smcmannon@wsdvt.org

John F. Kennedy Elementary School

Principal: Sara Raabe
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sraabe@wsdvt.org

Winooski Middle and High School

Co-Principals:
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jberthiaume@wsdvt.org

Board of School Trustees

Allison Burlock, 802-349-7018, aburlock@wsdvt.org
Tori Cleiland, *President*, 802-655-7678, tcleiland@wsdvt.org
Steven Berbeco, 858-376-7269, sberbeco@wsdvt.org
Kamal Dahal, 802-503-7195, kdahal@wsdvt.org
Dr. Alex Yin, 516-423-9601, ayin@wsdvt.org

CITY OF WINOOSKI www.winooskivt.gov, 802-655-6410

Mayor

Kristine Lott: 802-766-1988
klott@winooskivt.gov

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Jon Rauscher, jrauscher@winooskivt.gov
802-655-6410

City Councilors

Hal Colston, 802-922-2908, hcolston@winooskivt.gov,
James Duncan, 802-310-7103, jduncan@winooskivt.gov
Mike Myers, 802-355-5348, mmyers@winooskivt.gov
Bryn Oakleaf, 802-448-2966, boakleaf@winooskivt.gov

City Clerk

Carol Barrett, 802-655-6410, cbarrett@winooskivt.gov

Winooski Police

Emergency: Call 9-1-1, Non-emergency: 802-655-0221

Winooski Fire Department

Emergency: Call 9-1-1, Non-emergency: 802-655-6420

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